

Adam LaPlante

Measurements

Height: 5'6"

Eyes: Blue

Weight: 145

Hair: Brown

Waist: 30 inches

Shoe: Size 9

Training **Gymnastics**

- I have five years of experience
- Over the years I've been taught a lot of technique and tumbling skills

Free Running

- I have three years of experience
- Practiced at vaults, precisions, roof jumps, flips, wall flips/spins
- Enhanced my climbing abilities
- My friends and I started a free running team, Team Momenta

Precision Driving

- Four car box
- Close Proximity(4 car, 8 car)

Other

- Have done a 42ft high fall
- Stair falls
- Air ram, mini trampoline, some ratchet work

Skills

- Free Running
- Walk down stairs on my hands
- Juggling(3 balls)
- Experience on kangaroo stilts
- Jump from 17 feet of height and roll out without a mat